

VOL. 5 ISSUE 2 • FEBRUARY 2024

REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt,
Lake, and Mendocino County



TLCPCP

Person Centered Thinking

HELPING THOSE WE SERVE ACHIEVE POSITIVE CONTROL OVER THEIR LIVES

For people being supported by services, it is not person centered planning that matters as much as the pervasive presence of Person Centered Thinking. If people who use services are to have positive control over their lives, if they are to have self-directed lives within their own communities, then those who are around the person — especially those who do the day-to-day work — need to have Person Centered Thinking skills. Only a small percentage of people need to know how to write good person centered plans, but everyone involved needs to have good skills in Person Centered Thinking, and in

the value-based skills that underlie the planning.

There are a number of reasons for this. Teaching and supporting the use of Person Centered Thinking skills will mean that:

- It is more likely that plans will be used and acted on, that the lives of people who use services will improve
- You will have a number of ways to get plans started
- Updating the plans will occur “naturally”, needing less effort and time

Continued on next page

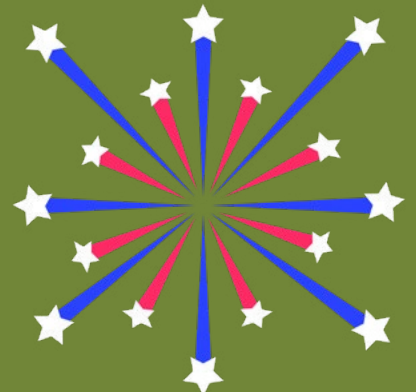
Days to Remember

February is Black
History Month

February 14th
Valentines Day

February 16th
Lincoln’s Birthday observed
RCRC offices closed

February 19th
Presidents Day observed
RCRC offices closed





Person Centered Thinking

Continued from previous page

Every style of person centered planning is rooted in a person centered way of thinking. It is made up of a set of value-based skills that result in seeing the person differently and give us a way of acting on what is learned. Training in person centered planning is training in a way of thinking as much as it is in a way of developing a plan. In essential lifestyle planning, we have identified basic skills and tools that help learners understand and embrace this way of thinking.

RCRC has long embraced the importance of Person Centered Thinking in our services and support for people served and their families. RCRC believes strongly that good service coordination, and the delivery of all of our services, is best done through a person centered lens. In 2011 two dedicated RCRC staff members became certified in Person Centered Thinking and began to offer in-house trainings to staff, service providers, families and self-advocates. RCRC has supported several service provider agencies to develop trainers within their team to provide ongoing training for direct service providers. RCRC's commitment to Person Centered Thinking has influenced all aspects of the agency's practices and has earned RCRC a reputation among other California

Regional Centers as a leader in Person Centered Thinking.

Nationally there is now a mandated and federally backed effort to improve the quality of services for people receiving home and community-based services, and to ensure those services provide inclusion and opportunities for positive control. This federal mandate has helped the state to see the intrinsic value in person centered practices and thinking as a core philosophy at all Regional Centers, which has resulted in incentives to encourage all Regional Centers to incorporate Person Centered Thinking into their work.

RCRC believes strongly that good service coordination, and the delivery of all of our services, is best done through a person centered lens.

— Alex Chesstell

Building on RCRC's established culture of Person Centered Thinking, RCRC has focused resources on not just offering frequent training, but also in developing additional internal person-centered thinking trainers. Since January 2023 RCRC has been offering near monthly Person-Centered Thinking trainings to both RCRC staff, service providers and self-advocates throughout all four counties served. In the past year, two new Person Centered Thinking trainers have been certified, in addition to two established trainers, and at least one additional trainer is expected to be

certified in 2024. In the past year, 100 RCRC staff members have completed Person Centered Thinking training, 61 of whom work as Service Coordinators, Early Child Service Coordinators, or Intake Specialists. Additionally, 31 people from service provider agencies in all four counties have completed the training.

Looking forward into 2024, trainings will continue to be offered regularly, including refresher courses for those who have already completed the full training and earned their certification. By June RCRC anticipates every Service Coordinator will have completed training, and likely the majority of RCRC staff at all levels and in all departments. RCRC is committed to providing person centered services and support in all aspects of our work, and ongoing person-centered thinking trainings are part of that commitment. We're excited to be able to increase our ability to promote and implement Person Centered Thinking both within our agency and overall community, and supporting the amazing humans we serve to have positive control over their lives.

For questions or more information about Person Centered Thinking at RCRC, please contact Sheila Keys or Alex Chesstell. ★

AChesstell@redwoodcoastrc.org

SKKeys@redwoodcoastrc.org



the learning community
for person centered practices

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				I.D.E.A. Parent Group 5:30-6:30pm 1116 Airport Park Blvd. Ukiah		
4	5	6	7	8	9	10
	Voting Rights 1:30-3:30pm 255 North Forbes Lake County	Voting Rights 12-2pm 1640 S State St. Ukiah <hr/> People First 2-4pm 14888 Olympic Dr. Clearlake		Voting Rights 12-2pm 3022 Broadway St. Eureka	Voting Rights 10-12pm 501 H St. Suite 1 Crescent City	
11	12	13	14	15	16	17
		So HUM Parent Group 3-4:30pm 344 Humboldt Ave. Redway	<i>Valentines Day</i>	I.D.E.A. Parent Group 6-7pm 180 3rd St. Lakeport	Lincoln's Birthday <u>RCRC Closed</u> Single Mingle Dance 5-5:45pm 1531 J St., Eureka	
18	19	20	21	22	23	24
	President's Day RCRC Closed			I.D.E.A. Parent Group 6-7pm 494 Pacific Ave. Crescent City		Advanced Care Planning Workshop 10-12pm 3327 Timber Fall Court, Eureka
25	26	27	28	29		
		ACT: Raising Safe Kids 5:30-7:30pm 1st in series of 9 901 Myrtle Ave. Eureka	I.D.E.A. Parent Group 6-7pm 525 2nd St. Eureka	Support Group for Care- givers of Adults 6-7:30pm 814 7th St. Eureka		

RCRC Newsletter

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Getting to know our community

EMPLOYEE SPOTLIGHT, RON LEE

What is your position at RCRC?

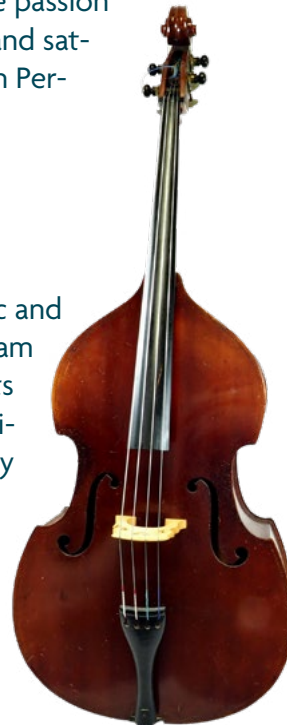
I am a relative newbie with the RCRC, having officially started in June of 2022. I started as a Quality Assurance Specialist, conducting both scheduled, and unscheduled, quality assurance reviews in licensed residential settings and Adult Family Home Agency supported homes. Currently, I am the RCRC Emergency Management Coordinator. In this role, I conduct a variety of disaster preparedness and response activities for both those employed by RCRC and those we support. Lastly, I am also grateful to be part of the Person-Centered Thinking training team.

Tell us about a positive experience with RCRC.

I have had so many positive experiences in my short time working with RCRC that it is hard to pick just one. Overall, I would say that the compassion and commitment demonstrated by RCRC staff was a great inspiration for me when I first joined the team. Having worked over the last 30 years in a variety of social service settings I can truly say that you all are special in the passion you bring to the work. It has also been my great pleasure and satisfaction to work with those we support to draft their own Person-Centered and Disaster Preparedness plans.

What do you do in your spare time?

My main hobby is as a musician, playing both the electric and double (upright) bass in a few local performance groups. I am thankful for the support the Humboldt Bay area gives to its artists (including musicians). I am also a motorcycle enthusiast and enjoy bee keeping, gardening and most importantly spending time with family.



RON LEE



“Having worked over the last 30 years in a variety of social service settings I can truly say that you all are special in the passion you bring to the work.”





Redwood Coast Regional Center

*Is proud to announce all staff will receive training on
Positive Psychology and the Science of Wellbeing.*

*Hosted by Dr. Wendy White, Autism Clinical Specialist
and Amy Neff, Registered Nurse*

Why Proof Positive?

While current life course outcomes for people with autism remain less than optimal, Proof Positive believes in a better future. Everyone, including those with autism, deserves happiness. Using the science of positive psychology, Proof Positive provides evidence-informed tools and resources for the autism community that enhance wellbeing and develop resilience.

For more information on Proof Positive and Free Monthly Featured Skills, visit: proofpositive.org



Redwood Coast Regional Center
Respecting Choice in the Redwood Community



RCRC Newsletter

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RCRC Parent Groups

Join Annie Bone
I.D.E.A. Specialist
for Parent Group each month.

Ukiah
RCRC office
1116 Airport Park Blvd.
1st Thursdays
5:30-6:30pm

Point Arena
The Action Network
200 Main St
3/13, 4/10, 5/8, 6/12, 7/10
5:30-6:30pm

Lakeport
RCRC office
180 3rd Street
3rd Thursdays
6-7pm

Eureka
RCRC office
525 2nd Street,
1st floor conference room
4th Wednesdays
6-7pm

Crescent City
Family Resource Center
of the Redwoods
494 Pacific Ave
4th Thursdays
6-7pm

Contact:
Annie Bone
(707)-445-0893
ext. 360

PARENT GROUP

WHEN
1st Thursdays
5:30pm – 6:30pm

WHERE
RCRC Ukiah Office
Entrance located in the rear of
the building.
1116 Airport Blvd Ukiah, CA, 95482

Contact: Annie Bone RCRC's I.D.E.A. Specialist
(707)-445-0893 ext. 360

MONTHLY EVENT

FREE I.E.P.
TRAINING

CONNECT
WITH OTHER
PARENTS

COMMUNITY
SUPPORT

GUEST
SPEAKERS

SNACKS

PARENT GROUP

WHEN
Wednesday - 3/13/2024
Wednesday - 4/10/2024
Wednesday - 5/8/2024
Wednesday - 6/12/2024
Wednesday - 7/10/2024
More to be announced
5:30pm – 6:30pm

WHERE
**The Action Network
Point Arena**
200 Main St Point Arena, CA, 95480

MONTHLY EVENT

FREE I.E.P.
TRAINING

OPEN TO ANY
AND ALL
PARENTS

COMMUNITY
SUPPORT

GUEST
SPEAKERS

SNACKS



PARENT GROUP

WHEN
3rd Thursdays
6pm – 7pm

WHERE
RCRC Lakeport Office
180 3rd St. Lakeport, CA, 95453

Contact: Annie Bone RCRC's I.D.E.A. Specialist
(707)-445-0893 ext. 360

MONTHLY EVENT

FREE I.E.P.
TRAINING

CONNECT
WITH OTHER
PARENTS

FIND
COMMUNITY
SUPPORT

GUEST
SPEAKERS

SNACKS



PARENT GROUP

WHEN
4th Wednesdays
6pm – 7pm

WHERE
**RCRC First Floor
Conference Room in
the Vance Hotel**
525 2nd St. Eureka, CA, 95501

Contact: Annie Bone RCRC's I.D.E.A. Specialist
(707)-445-0893 ext. 360

MONTHLY EVENT

FREE I.E.P.
TRAINING

CONNECT
WITH OTHER
PARENTS

COMMUNITY
SUPPORT

GUEST
SPEAKERS

SNACKS



PARENT GROUP

WHEN
4th Thursdays
6pm – 7pm

WHERE
**Family Resource
Center of the
Redwoods**
949 Pacific Ave. Crescent City CA, 95531

Contact: Annie Bone RCRC's I.D.E.A. Specialist
(707)-445-0893 ext. 360

MONTHLY EVENT

FREE I.E.P.
TRAINING

CONNECT
WITH OTHER
PARENTS

COMMUNITY
SUPPORT

GUEST
SPEAKERS

SNACKS



RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





Voting Rights Presentation for People with Disabilities

February 5th, 2024
1:30pm-3:30pm
Lake County Courthouse
255 North Forbes, Lakeport

February 6th, 2024
12:00pm-2:00pm
Alex Rorabaugh Recreation Center
1640 S State St, Ukiah

February 8th, 2024
12:00pm-2:00pm
Gaining Ground
3022 Broadway St., Eureka

February 9th, 2024
10:00am-12:00pm
New Dawns
501 H St. Suite 1, Crescent City



Voting Rights Presentation
for People with Disabilities

Save the date:
Feb 5, 2024 @ 1:30pm– 3:30pm
Lake County Courthouse, 255 North Forbes, Lakeport
Feb 6, 2024 @ 12:00pm– 2:00pm
Alex Rorabaugh Recreation Center, 1640 S State St, Ukiah
Feb 8, 2024 @ 12:00pm– 2:00pm
Gaining Ground 3022 Broadway St, Eureka
Feb 9, 2024 @ 10:00am – 12:00pm
New Dawns 501 H St. Suite 1, Crescent City



Presented by Paul R. Spencer an attorney from DRC's Voting Rights Practice Group

A voting rights attorney from Disability Rights California will provide a presentation on accessible voting options for people with disabilities. The presentation will include information on conservatorships and voting rights.



Hosted by:
State Council on Developmental Disabilities





People First Lake County

People First of Lake County is a group of self-advocates and community advocates by and for people with disabilities.

February 6th
2-4pm
RCRC Office Clearlake

January 26th | 2:00-4:00
P.M. RCRC Lakeport, CA
Office

180 3rd Street

February 6th | 2:00-4:00 PM
RCRC Clearlake, CA Office

14888 Olympic Drive

People First Lake County

People First of Lake County is a group of self-advocates and community advocates by and for people with disabilities. Come meet like minded people who share a passion for a better future for ourselves and each other. We are not a label. We are People First! Light refreshments provided. If you require Spanish translation for this meeting, contact Alma Ingram at aingram@redwoodcoastrc.org or 707-462-3832 extension number 284.

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





SoHum Parent Group

A Support Group for parents/caregivers that care for individuals with developmental disabilities.

February 13th
3-4:30pm
344 Humboldt Ave., Redway, Ca

Contact:
Kathryn: (707) 616-3600
Ian: (540) 818-8164

SoHum
Parent Group
 Multiplicity Therapeutic Services Inc. February 2024

Parents/Caregivers of individuals with developmental disabilities we invite you to join our monthly parent group. This group seeks to foster a community for caregivers of individuals with developmental disabilities to share information, personal stories, and resources in a safe and supportive environment while sharing a meal.


Upcoming events:
 February 13th, 2024, 3:00-4:30pm


 Activities & Support provided for all ages while caregivers meet!

 KATHRYN (707) 616-3600 | IAN (540) 818-8164

Where: Southern Humboldt Family Resource Center
 344 Humboldt Avenue Redway, Ca

This event is facilitated by:  **This event is endorsed by:** 

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org



Single Mingle Dance

Come join the Single
Mingle Dance and find your
Valentine!

February 16th
5-5:45pm
1531 J St., Eureka

If you need transportation,
please call Sharon at
(503)-201-7028 to reserve
your spot.



February 16
Single Mingle: 5pm-5:45pm
Come mingle with other singles
and find your Valentine

Tunnel of Love Dance 6pm-8pm
Music by DJ K-Wal and Liz T

FREE Admission, Drinks, & Pizza

Eureka Womens Club
1531 J St. Eureka 95501

Need Transportation? Call Sharon: 503 201-7028

Thank You California Mentor
and CAE

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





Advanced Care Planning Workshop

Come join this **FREE** workshop to learn what is important in your advanced care planning.

February 24th
10-12pm
3327 Timber Fall Court, Eureka

For more information contact:
Hospice of Humboldt
(707) 445-8443

FREE ADVANCE CARE PLANNING WORKSHOP

How will your family know your wishes in a health crisis?

Attend this free workshop where you'll learn how to approach these important but often uncomfortable conversations with your loved ones.

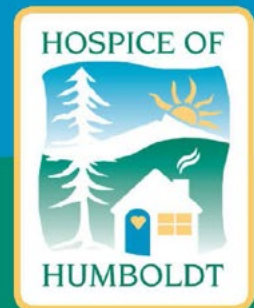
Presenters will provide an Advance Directive form you can complete at the workshop, if you are ready, or a blank Advance Directive to take home to discuss and complete with your family and to share with your medical providers.

Learn what is important to include in your Advance Directive and how to choose the person you wish to speak for you in the event you are unable to speak for yourself.



SATURDAY,
FEBRUARY 24th
10:00 a.m. to 12:00 p.m.

Hospice of Humboldt Conference Room
3327 Timber Fall Court, Eureka



Workshop facilitated by
Hospice of Humboldt Social Workers

Notary services by **Suzy Smith**
available with current ID

For more information, please call 707.445.8443

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





ACT: Raising Safe Kids

A 9 week Parenting Series for families with children ages 0-8 years.

February 27
5:30-7:30

March 5, 12, 19
5:30-7:30

April 9, 23, 30
5:30-7:30

May 7, 14
5:30-7:30

Location: Humboldt County Office of Education
901 Myrtle Ave., Eureka

Contact and Register:
Ev - (707) 633-3065

Attendance at ALL classes required for Certification of Completion.

HUMBOLDT BRIDGES TO SUCCESS AND THE HUMBOLDT COUNTY OFFICE OF EDUCATION PRESENT

FREE!

ACT: Raising Safe Kids

A 9-WEEK PARENTING SERIES FOR FAMILIES WITH CHILDREN AGES 0-8 YEARS

Starts February 27, 2024

Additional Tuesdays, 5:30-7:30pm:

Mar. 5, 12, 19

Apr. 9, 23, 30

May 7, 14

Attendance at ALL classes required for Certificate of Completion.

Location: Humboldt County Office of Education
901 Myrtle Avenue, Eureka

*Dinner included each session, and childcare provided for the **first 10 children enrolled** (up to age 8).*

In this Training Series you will:

- Learn about your child's development.
- Increase positive parenting skills and practices.
- Be supported in creating a nurturing, safe, and healthy environment for your family.



For more information and to register contact Ev at (707) 633-3065

Made possible with a generous grant from the First 5/DHHS ACEs Collaborative



RCRC Newsletter

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Support Group for Caregivers of Adults

A Support Group for people that care for adults with health conditions or other impairments.

February 29th
6-7:30pm
814 7th St., Eureka, Ca

Contact: Giancarlo,
giancarlo@multiplicityinc.com
(530) 859-0945

February Support Group for Caregivers Of Adults

This is a support group for people that care for adults with health conditions or other impairments. The goal of the group is to connect caregivers, provide resources, and provide support to lead to happier and more successful lives for everyone.

**This month we are meeting on February 29th from
6-7:30pm**

**We will be providing a safe environment to share
and find support with free food, attendance prizes
and a resource bingo game!**

We meet monthly at:

814 7th St.
Eureka, CA

We also provide a virtual option via Zoom:

Permanent Zoom Link:

<https://us06web.zoom.us/j/2192597832>

Meeting ID: 219 259 7832

For more information please contact Giancarlo via

giancarlo@multiplicityinc.com

or call/text at:
(530) 859-0945



SCDD and DDS Statewide Self- Determination Orientation

Want to learn more?

Contact your Service Coordinator at RCRC or a Participant Choice Manager.

Participant Choice Managers

Humboldt & Del Norte Counties:

Alex Chesstell

707-445-0893, ext. 317

AChesstell

@redwoodcoastrc.org

Mendocino & Lake Counties:

Sheila Keys

707-462-3832, ext. 254

SKeys@redwoodcoastrc.org



STATEWIDE SELF-DETERMINATION ORIENTATION



JOIN US TO LEARN...

- What the SDP* is
- How SDP works
- The Principles of SDP
- Steps to Enroll in SDP
- Key Roles in SDP
- Your Next Steps

* Self-Determination Program

For more Information and Registration
Click the link below:

<https://scdd.ca.gov/sdp-orientation/>



POLI



KATIE



KION

...Are Self-Determined!
**Learn if the Self-Determination Program
is Right for You!**

A CERTIFICATE OF COMPLETION WILL BE PROVIDED.
AN SDP ORIENTATION IS REQUIRED TO ENROLL IN SDP.





Resources From Listos California Emergency Preparedness

Get ready and stay safe!

For more info, visit: listoscalifornia.org

TIPS FOR STORM SEASON SAFETY



FLOODS

- Flash floods can develop very quickly. Be ready to evacuate all people and animals to higher ground if ordered. Have emergency supplies packed in a Go Bag.
- Keep your car gas tank at least half full in case you are asked to evacuate. There may be traffic and delays.
- Never drive around barricades or drive or walk through floodwater. It may be deeper than you think and can sweep you or your car away. Turn around, don't drown!



POWER OUTAGES

- Keep phone batteries fully charged and save your battery power by limiting phone use during an outage.
- Sign up for alerts through your energy company so you can be notified about any energy issues. If you use electric medical and/or assistive devices, be sure to enroll in a medical baseline program to ensure you're safe if the power goes off.
- If your needs cannot be met during a power outage, plan with caregivers for transportation to a location with power.



HIGH WINDS

- Flying debris can be a killer. Stay indoors or in a sheltered location. Avoid driving if possible.
- Secure any loose items outside that could blow away and cause damage or injury.
- Stay away from trees and power lines, and never go near downed power lines. Avoid anything that may be touching a downed line, including tree branches and vehicles.



COLD TEMPERATURES

- Body temperature can drop to unsafe levels in cold temperatures. Stay indoors as much as possible. If you must go outside, dress warmly in insulating layers, gloves, scarves, socks and a hat.
- Heat your home safely. Do not use stoves, camp stoves, generators or gas/charcoal grills for heat inside your home. The fumes are deadly.
- Know where you will go if your home becomes too cold. You could go to a friend's house, community center, shopping mall or public library. Check with county emergency officials about warming centers available near you.



DEEP SNOW

- Heavy snowfall can cause power outages and trap you in your home for days.
- Gather food, water and medicine before a snowstorm.
- If you must travel, let someone know where you are going so they know where to search for you in an emergency.



MUDSLIDES

- Find out if your area is at high risk due to steep slopes and runoff, prior mudflows, floods or burn scars from wildfires.
- Mudslides are dangerous even after the rain has stopped. Use caution and remain vigilant for days after.
- Pay attention to weather reports and evacuate immediately if ordered.

ListosCalifornia.org

RCRC Newsletter

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Helpful Resources



RESOURCE PADLET FOR PARENTS

Access a growing library of free resources for parents and caregivers of children ages 0-5
Developed by Redwood Coast Regional Center through the
MHSA “Families and Supports Together” (FAST) Grant.

Look at our Parent Academies!

Covering a variety of topics related to interventions and support for families and children with
Developmental Disabilities including evidenced-based video trainings by subject matter experts
with accompanying Power Points and flyers available at the click of a button.

For more info. visit: <https://padlet.com/bctservices2/information-and-resources-for-parents-of-children-with-speci-4x94rz0lctzudnae>

Or Scan the QR Code:



Organizations collaborating to develop a transdisciplinary responsive system capable of supporting
the mental wellness of all expectant parents, young children and their families
within the context of their communities.

For more info visit: www.0to8mhc.org/





Helpful Resources



The DDS Wellness Toolkit is a new section of the DDS website focused on providing information and tools related to health and safety for self-advocates, direct support professionals, and vendors or providers. New topics, tools, and information will be added on an ongoing basis.

For more info. visit:

dds.ca.gov/consumers/wellness-toolkit/



Spreading the Science and Skills of Happiness. Proof Positive is an online source dedicated to improving the wellbeing of autistic people and their families, providers and communities.

For more info. visit: proofpositive.org/



Disability Vote California's mission is to engage and inform voters with disabilities and empower members of the community to facilitate access to voting for the disabled community.

For more info. visit: disabilityvotecalifornia.org/





Contact Us

Learn more about our services and programs.

Redwood Coast Regional Center Offices

CONTACT YOUR NEAREST OFFICE FOR ASSISTANCE

Ukiah Office | Corporate Office

1116 Airport Park Blvd.
Ukiah, CA 95482
Phone: (707) 462-3832
Fax: (707) 462-3314

Mendocino County

Fort Bragg Office

270 Chestnut Street, Suite A
Fort Bragg, CA 95437
Phone: (707) 964-6387
Fax: (707) 964-0226

Mendocino County

Lakeport Office

180 3rd Street
Lakeport, CA 95453
Phone: (707) 262-0470
Fax: (707) 264-6537

Lake County

Clearlake Office

14888 Olympic Dr.
Clearlake, CA 95422
Phone: (707) 621-6169
Fax: (707) 264-6537

Lake County

Eureka Office

525 2nd Street, Suite 300
Eureka, CA 95501
Phone: (707) 445-0893
Fax: (707) 444-3409

Humboldt County

Crescent City Office

1301-A Northcrest Drive
Crescent City, CA 95531
Phone: (707) 464-7488
Fax: (707) 465-4230

Del Norte County

Visit us online

 [@REDWOODCOASTREGIONALCENTER](https://www.instagram.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTREGIONALCENTER](https://www.facebook.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTRC](https://www.twitter.com/REDWOODCOASTRC)

[REDWOODCOASTRC.ORG](https://www.redwoodcoastrc.org)

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